



CAPITOL LUNCHROOM MENU

<http://www.state.nd.us/fac/>

MONDAY, NOVEMBER 13

GRILL	SLOPPY JOE WITH CHIPS @ \$2.50..... WITH FRIES	\$3.50
LOWFAT	SMOKED TURKEY WRAP	\$2.95
FEATURE	PARMESAN CHICKEN BREAST WITH POTATO, VEG., & ROLL	\$5.51
FEATURE	SALISBURY STEAK WITH POTATOES, VEG. AND ROLL	\$5.51

TUESDAY, NOVEMBER 14

GRILL	FRENCH DIP WITH CHIPS @ \$3.25 WITH FRIES	\$4.25
FEATURE	BBQ COUNTRY RIBS WITH POTATOES, VEG & ROLL	\$5.51
LOWFAT	TUNA CASSEROLE WITH VEG. & ROLL	\$4.90
FEATURE	BAKED POTATO WITH BEEF STOGANOFF (EXTRA TOPPINGS AVAILABLE: (Cheese, Bacon, Fat Free Ranch, Fat Free Sour Cream-.25 each)	\$3.25

WEDNESDAY, NOVEMBER 15

GRILL	TACO SALAD BAR	\$5.51
LOWFAT	ROAST BEEF BAGEL	\$2.95
FEATURE	HAMBURGER VEGETABLE CASSEROLE WITH ROLL	\$4.90
FEATURE	CHICKEN ALFREDO ON NOODLES WITH VEG & BREADSTICK	\$5.51

THURSDAY, NOVEMBER 16

GRILL	SHREDDED BBQ PORK SANDWICH WITH CHIPS \$3.25 WITH FRIES	\$4.25
LOWFAT	TURKEY SALAD SANDWICH (NO FAT MAYO)	\$2.95
FEATURE	ROTINT HOTDISH WITH VEG. & ROLL	\$4.90
FEATURE	BAKED CHICKEN WITH POTATOES, VEG & ROLL	\$5.51

FRIDAY, NOVEMBER 17

GRILL	BLT WITH CHIPS @ \$2.75 WITH FRIES	\$3.75
LOWFAT	GLAZED CHICKEN ON RICE WITH VEG & BREADSTICK	\$5.51
FEATURE	SHEPPARDS PIE WITH VEG., & ROLL	\$4.90

DAILY SPECIALS

FRENCH FRIES ARE \$1.40 OR \$1.00 WITH A SANDWICH

*** GRILLED CHICKEN ***		\$2.95
HOT BEEF SANDWICH		\$4.90
ROAST BEEF DINNER		\$5.14
SALAD BAR		\$1.90
CHILI	CUP \$1.50 BOWL	\$2.50
SOUP	CUP \$1.45 BOWL	\$2.29

CAFETERIA HOURS: 7:00 A.M. TO 4:30 P.M.
BREAKFAST: 7:00 - 10:30
LUNCH: 10:30 - 1:30

